

**16-24?**

**Ready to change life for the better?**

YOU are invited to attend a **FREE**

# CONFIDENCE & MOTIVATION COURSE

PROVIDED BY...

**ACTIVE PLUS**  
VETERANS INSPIRING PEOPLE

**Helping you to:**

- Break Down Barriers
- Develop Personally
- Build Trust
- Move On Positively

**FOR MORE INFORMATION**

 **01326 567174**

 [Neil@activeplus.org.uk](mailto:Neil@activeplus.org.uk)

 [www.activeplus.org.uk](http://www.activeplus.org.uk)

*Believe  
in  
Yourself*

**When?**

Monday Mornings  
**10am - 1:00pm**

Starting:

**19th February**

Held over 4 weeks

**Reach  
YOUR  
Goals**

**Where?**

The  
**Dracaena Centre**  
Dracaena Avenue  
**FALMOUTH**  
TR11 2ES

**Free  
Introductory  
Session  
Friday  
16th February  
10am - 12pm**



**Yep! #YouCan**

Building confidence, resilience and competence of Young People



Funded by  
UK Government



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COUNCIL**  
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Council of the  
**ISLES OF SCILLY**

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**LEVELLING  
UP**



**GOOD  
GROWTH**  
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